

Beta Sitosterol Can Help With Prostate Issues

The [Beta Sitosterol](#) supplement by Vitabase provides both cholesterol and prostate support from a plant chemical that is called phytosterol; it is also commonly called plant alcohol and it is contained in most every single vegetable that we consume throughout the day. Most people consume an average amount of the Beta Sitosterol nutrient each and every day, but few really get enough of it in their diet to maintain optimal health. If you need help with [cholesterol levels](#) in the diet, Beta Sitosterol provides support and can improve the ratio of LDL to HDL. Each pill contains 500 milligrams of Beta Sitosterol for the maximum benefit. The recommended use is for adults to take it as a dietary supplement using one capsule per day or as otherwise advised by a health care professional or doctor. Another benefit is that Beta Sitosterol fights symptoms in the body that are related to an [enlarged prostate](#) such as reduced volume of urine. Since the average American diet is lacking in adequate amounts of the nutrient, it is critical for [prostate health](#). There are no added sugars, starches, yeast, preservatives, or artificial flavoring or coloring. An allergen warning for this product is that it has soy contained within and it is also vital to remember to keep it out of the reach of youngsters so that no one is in danger of over dosage. Beta Sitosterol uses research to conclude that it is able to be effective and safe in reducing the discomfort related to [painful urination](#) that is due to BPH and can aid with other issues concerning the prostate. It is guaranteed to be a high quality and potent product, so be confident in the fact that you are getting the maximum value for your money. Do not just sit there hoping for good long term prostate health and cholesterol levels that are healthy, aid your diet with [Beta Sitosterol](#) as soon as possible in order to ensure these issues do not arise in the future.

About the Author

The [Beta Sitosterol](#) supplement by Vitabase is available at: <http://www.smarthealthshop.com> Visit [Beta Sitosterol Can Help With Prostate Issues](#).

Source: <http://www.eatsee.com>